

YOGA

Contents

LETTERS TO SRI GURUDEV	2	Your thoughts, inspirations and some serious questions answered by Sri Gurudev
LEARN TO LIVE NATURALLY	4	Sri Gurudev speaks at the National Institute of Health in Washington, D.C.
RADIANT HEALTH	8	Sri Swami Sivananda, doctor turned Yoga Master, shares some secrets to physical and mental health
YOGA AND MEDICINE	9	"Medicine Dis-Covers Yoga"; medical student Deenabhandu (Dean) Ornish discusses this new marriage of East and West, science and philosophy, and some of its implications
CHILDREN'S CORNER	13	Once again featuring Papa's Parables: "The Man Who Conquered Anger"; adapted from Sri Gurudev's parables by Sita Bordow
DEVOTION	14	Buddhist Meditation Master Chögyam Trungpa Rinpoche on devotion to the spiritual master and its function in spiritual life
YOGA AND ART	16	"Jump Into the Paint Pot"; an artist's struggles and growth are aided by the practice of Yoga; by Noreen Mallory
OM COOKING	18	"Dairyless Smoothies": instant, delicious, nutritious meals-in-one; by Marcia Acciardo
DAY-BY-DAY WITH SRI GURUDEV	19	Teachings, anecdotes and happenings with Gurudev: September - November 1977; day-by-day reports from Switzerland, Greece, Spain and the U.S.
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Integral Yoga and You

INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Groups, Teaching Centers and Satchidananda Ashrams. These centers are vehicles through which Sri Swami Satchidanandaji's teachings of Integral Yoga are lived and shared. The centers conduct on-going programs of instruction in the various aspects of Yoga, including Hatha, Raja, Karma, Bhakti and Jnana Yogas (see back cover), as well as Yogic diet and other related topics. There are open classes, courses, universal worship services, and retreats, both for beginners and more advanced students. Those interested are invited to visit the centers, and a live-in program is also possible.

Besides their teaching function, the Ashrams also provide an opportunity for an experiment in total Yogic living. The Ashram in Pomfret Center, Connecticut has a printing press, health clinic, national audiovideo service, natural foods store, a 2-acre organic garden, Yogic nursery school, and a number of cottage industries through which members practice selfless service and also make the community self-sufficient. Ashrams have recently opened in Santa Barbara, Calif. and Eureka Springs, Arkansas as well.

For more information, to arrange a Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed on the inside front cover. We are here to serve you.

OM PEACE

OM SHANTHI

Letters to Sri Gurudev



WHAT DOES MY MANTRAM MEAN?
Dear Swamiji,

This letter is written because I need your guidance. Six or seven years ago I wrote you from Los Angeles, very ill, crippled with a disease of the spinal cord. Your answer gave me faith and hope and my recovery was swift. Now, living in San Francisco, today I impulsively asked another spiritual teacher what the mantram you gave me meant. He instantly knew I shouldn't have revealed it and confronted me.

I am so ashamed. I don't know what to do. I abused my mantram and was disrespectful. The thought occurs that I must now cherish the mantram even more than in the past. Can you please help me, Swamiji?

For a long time I've wanted to know what the mantram meant. My impulsiveness today was like an explosion, humbling me. I respectfully ask your guidance.

Your student, J.N., San Francisco

Beloved Self,

You have answered the question yourself in your letter to me. You have learned a lesson through an act of ignorance. Therefore, don't delve into the negative side of this by stressing your guilt feeling. Instead, cherish your mantram even more and know that something was given you, the greatness of which the conscious mind cannot even grasp.

The mantram is important because of its purpose, not necessarily its meaning. The current transmitted in sacred initiation and the purpose of the sound are the values of mantra. The guidance you ask from me is the mantram itself.

The mind is constantly playing tricks. Probably deep down, some part of your mind is not completely trusting and wanted an intellectual explanation in order to evaluate and then believe. Spiritual matters are never answered by the mind. So keep your peace and repeat your mantram in love and trust. It is your golden key to the doors of knowledge and freedom.

Ever yours in the Lord, Swami Satchidananda

NONE HIGHER NOR LOWER

Dear Swamiji,

I am a beginner at Yoga and feel that since I have not reached the beautiful attainment every devotee eventually reaches, I am impure and unwelcome. Tears actually welled up in my eyes on my drive home from seeing you at the IYI, because I felt unworthy to speak with you when I had the most perfect opportunity to do so. I'm mainly writing you let you know that I do need your help and how much I admire you. My desire to talk with you is great. I hope that hearing from you will inspire me not to be afraid when I do meet you next time you return to California. Om Shanthi.

S.J.D., Altadena, Ca.

Beloved Child,

Love and Blessings.

If all my children were perfect they certainly would not need me. They are with me because they realize the need of guidance on the road toward perfection and freedom. If you have realized (Continued on Page 32)

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Sri Swami Satchidananda

SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being "Truth is One, paths are many." His main residences are in Pomfret Center, Connecticut during summer and Santa Barbara, California in the winter. He also travels widely, sharing with people through every possible media: lectures, conferences, radio, TV and newspaper interviews, books and visits to schools, seminaries, rehabilitation centers and many other groups.



Learn to Live Naturally

Sri Gurudev at the National Institute of Health

Sri Swami Satchidananda

On May 19 Sri Gurudev was invited to address the National Institute of Health in Washington, D.C. He was introduced by Mr. Jim DeLeo, a staff member and a Yoga practitioner himself.

Good afternoon. Swami Satchidananda is with us today through the kind invitation of Dr. Iyub Omaya, Chief of the Surgical Neurology Branch of the National Institute of Neurological and Communicative Disorders in Stroke. Dr. Omaya has expressed a high regard for Swamiji's approach to Yoga and has a keen interest in its relationship to biomedical research and health care delivery. He is especially interested in how Yoga practice improves the health of the entire nervous system leading to improved control of the entire body, thereby enhancing physical health and mental attitudes toward everyday activities. Swamiji's "Integral Yoga" offers an integrated scientific and holistic approach to improved physical, mental, emotional and spiritual health. His entire life, characterized by selfless service to humanity, manifests a living embodiment of his Yogic teachings. His being here today is a rare and distinguished privilege and blessing. Gurudev, you are most welcome to our NIH community.

Beloved Friends,

First let me thank you for having me here. It surprises me to be here in front of you all because for a long time Yoga was thought to be something mysterious, fit only for recluses, escapists, people interested in burying themselves under the ground or flying without SSTs. It took a long time for the public to realize that Yoga is needed to live a better life, an easeful, peaceful and thus useful life.

Health Is Cheaper

Disease is nothing but the disappearance of our natural ease. If we take care that the ease doesn't disappear from us, we are never dis-eased. And peace is also always with us if we leave the mind undisturbed. We don't need to go to any supermarket to buy a little ease or peace because that is how we normally are. We don't need to do anything to be easeful and peaceful. But we do a lot to disturb the ease and peace. So, having lost them, we try to remedy the situation. That's where medical treatment comes in.

But I agree with the well-known maxim, "Prevention is better than cure." The entire Yoga philosophy aims at the prevention of the loss of our ease and peace, in other words, learning to live naturally. You just heard Dr. Amritanandaji saying that most of the modern problems are caused by our wrong habits like smoking, drinking, eating wrong foods or overeating, and stress.

Yoga aims at putting us back into natural living. And it's a lot cheaper that way - sometimes free. Even a simple man with a little knowledge of the value of his money will know that fresh air is free and nicotine is expensive. To live healthfully is free or very cheap, but to fall sick is very expensive and to raise above sickness is even more expensive. That's probably why we say, "We fall sick." So Yoga is nothing mysterious. In fact the very definition of Yoga is tranquility. Yoga says how to get the tranquility is not the question. It is there already. But how to stay away from disturbing it is our task: by right living, taking in fresh air, eating properly.

The stomach is the factory that produces all the problems. Sometimes we might even eat something poisonous; I say it doesn't matter; if you have that digestive power, you can burn even poison. So, I won't stress much what kind of diet to take; more important is to build up the digestive fire. As the Bhagavad Gita says, "Aham vaiswanaro bhutva - I (God) am that fire in everyone's body."

The natural vital energy (prana) represents that fire. We have to build up our energy and keep it alive. It's not medicine that cures our troubles. The real doctor is within. The outside doctor only awakens the doctor within.

Educate People

For this sake Yoga gives certain methods. First, the physical postures or asanas. They are not exercises as such. By placing the body in different positions which give mild pressure to certain body parts, there is a gentle massage which squeezes out the toxins and brings fresh blood circulation to those areas. In normal exercise you lose a lot of energy. You may build up your muscles but not the inner glands.

The second thing is the breathing. The lungs are intended to accept only fresh air with plenty of oxygen and other nutrients. If God or the Cosmic Consciousness wanted us to inhale a little nictine, it would have been easy to have sprinkled some in the air itself. We wouldn't need to pay for it. We never paid our mothers for the milk when we were babies, and our Cosmic Mother would never demand a price for the health-giving things.

In the Yogic way we educate people how to breathe better.

This is Pranayama. It's been experimentally demonstrated that we use only 1/7 of our lungs in normal breathing, breathing in only 500 cubic centimeters of air on an inhalation. But with proper practice we can actually take in 3700 cubic centimeters of air, using our maximum lung capacity.

But it doesn't stop there. Pranayama not only allows the entire body to get well oxygenated. Prana is not oxygen, it's the cosmic vital energy. It literally brings light to every cell and burns out all the toxins. By mere proper breathing alone we can both prevent and cure most all ailments.

But the best approach is not to put any toxins in the system. I would always like to stress that point. Our food should contain clean nutrition, free from any toxins, easily digestible and assimilable. Most of the problems like arthritis, rheumatism and gout are caused by toxins left in the system. Where do they come from? Our food and drink. That's why we put so much stress on what goes in and how it is digested.

The same holds true with the mind also. The mind is constantly "fed" upon our thoughts.
Thought is food for the mind. And thoughts affect not only the mind but the body also. Simply think of candy, it has affected your salivary glands. That is why we hear the proverb, "As you think, so you become."

That's why in the Yogic approach we say meditation. First, analyze your present thoughts. Then fill the mind with proper thoughts. Actually, if you take your car to the garage and ask the mechanic to clean the grease points, he won't remove the old

grease to put in the new grease. He simply injects the new stuff in and the old grease comes out. In the same way, put in new, good thoughts, you squeeze out all the old undesirable ones. This is achieved by sense control, concentration and meditation. So these are the essential points behind the Yogic practices.

Curing Cancer and Heart Disease

Your NIH literature lists the killing and disabling diseases in this country: cancer, heart disease, arthritis, diabetes, neurological disease, vision disorders, infectious diseases and dental diseases. When I see these things, my heart really aches a lot.

Take cancer. There is a lot of research in curing cancer; a lot of people are dedicating their lives. Yet how much money is spent to produce cancer - I'm talking about the cigarette companies - and how much spent educating you to smoke? Huge billboards, magazine advertisements, thousands of dollars per insertion. Millions are spent making you smoke: "Come on; it naturally refreshes you. It's cool." Catchy words. How many are strong enough to resist that temptation? Compare the money you spend in curing cancer with what they spend in producing it; who will win? So, while on one side we try to help the cancer victims, we must do whatever possible to stop this. We all know smoking is detrimental to the health, not only the Surgeon General. At least in the name of Yoga we recommend the followers to keep their lungs clean.

Now, heart disease. Dr. Amritananda gave a big list of causes of heart disease. The major one

is when you "lose your heart." By this I mean our emotions, our constant anxiety, our expectations. I say expectations because we always seem to be expecting something in return for what we do. "I did this, I must get the fruit." Didn't the Lord command the very first man not to eat the fruit? It wasn't the poor apple or orange. It's the fruit of your life. Enjoy acting and giving, but don't look for the result. That's the biggest cause for all these emotional problems. My simple formula is, "Don't make selfish appointments; they won't get 'dissed' and cause you dis-appointments."

In simple language, it is a selfish act that disturbs us. Even professionals do that. A Hindu story says that once a poet went to a rich man for some money and was refused. The poet said, "Don't you have enough?" "I had a lot, but everytime I fall sick, before my doctor even feels the pulse he feels my purse." That means even in a noble profession like medicine, we constantly look for rewards. Before we get them, we are anxious. And suppose we get them, will we be happy? Maybe. But the next worry is how to keep them.

That is why in Yoga we say, learn to lead a dedicated, self-less life. Do everything for the joy of doing it. When the first man failed in keeping away from the fruit, God got Himself another man, Moses, and gave him two "tablets" instead of the one original pill. He said, "Split it into ten and administer occasionally." How many of us follow even one of the Ten Commandments? We talk about who wrote the Bible; is Jesus real; we try to analyze everything and lose

the spirit. So that means mental health is very important for every other kind of health, whether physical, communal, national or international.

No Need for High Blood Pressure

So, in the name of Integral Yoga we present all these facts. Physically you must be easeful, mentally peaceful, and socially useful. Before you can become useful, you need to be peaceful. So, prepare yourself by self-reformation. Doctors know. Before they operate, however urgent it is, they must take time to sterilize their instruments. They can't just quickly operate and say, "I didn't have time to sterilize my knife."

Every individual is an instrument here. We are performing our operations in this life. When will we become fit? Only when we "sterilize" ourselves. So, clean your body and mind. That is Yoga. Then there's no need for high blood pressure. There's no pressure at all! You are always relaxed.

So, NIH should do some research on these things. Set up a section for some of the patients, give them these ideas, give them clean food, let them do Yoga postures and breathing; let them do service. You will see a heaven there; I guarantee it. It is really worth trying to create a heaven somewhere, a little experimental heav-

Since Gurudev's lecture at NIH, a very successful Yoga program has been set up, mainly through the efforts of Jim DeLeo. The program combines Hatha Yoga, meditation and even Raja Yoga classes with both patients and staff of NIH participating.

en.

Radiant Health

Sri Swami Sivananda



Health is a positive state. It is not simply the negation of disease. A healthy man can turn out more physical and mental work. He can practice meditation well for a long time. Health is the gift of God, the power behind life. Health is your birthright, not disease. It is as natural to be well as it is to be born.

The spring of loveliness flows from health. Every joy that enlivens your heart comes from health. Nations flourish only if they are healthy. Wealth is useless without health. The best dishes can't give you pleasure if you suffer from dyspepsia. Children dance in joy only if they are healthy. Therefore, try to keep up health by taking recourse to natural means.

Sunshine, pure water and air, exercise, wholesome diet and sound sleep are the six fundamentals of healthy life. Bask in the sunshine. Drink pure water and breathe pure air. Take regular exercise in the morning. Have proper rest. Take scrupulous care to eliminate waste matter through the bowels, kidneys, lungs and skin. Then only can you be healthy. Take a tumbler of water at night and in the early morning. This will flush the digestive tract. A brisk rub with a rough towel after a bath will remove the accumulation of dirt in the skin. Go to bed early. Sleep for six hours. Do not worry. Eat moderately. Let the diet consist mainly of fruits, nuts and vegetables. Masticate the food thoroughly. Drink plenty of water. Fasting occasionally is a most wonderful restorative aid to health and long life. Talk sparingly and sweetly. Be honest and sober. All these will contribute to your keeping good health.

Stop smoking, drinking and other bad habits. Avoid late night meals. Have meals at proper intervals and, most important, be regular in daily exercise. Breathe deeply in the open air and only through the nostrils. Do not cover your head when you sleep.

Observe the laws of health. Nature knows no excuse and accepts no apologies. Do not forget that whatever other investments you make, they will all depend on your good health. Health is the very foundation of your career, in fact, of your whole life. To be completely healthy is to live fully, with body, mind and spirit performing efficiently as a harmonious whole. When you are healthy you enjoy your meals, sleep soundly, work hard and tackle difficulties with courage.



Medicine Dis-covers Yoga

by Deenabhandu Ornish

"Somehow I seem to be speaking more and more to medical people about Yoga. The time has come. Yoga is genuine. It may take a little longer, but it will give a permanent cure." --Sri Gurudev

In the past year, Sri Gurudev has been invited to speak at the national convention of the American Medical Students Association in Chicago, the Johns Hopkins University Medical School in Baltimore, the National Institute of Health in Washington, D.C., the Himalayan Institute's Congress on Meditation-Related Therapies in Chicago and numerous other medical and health-related conferences. His doctor disciple Swami Amritananda Ma (Sandra Mc-Lanahan, M.D.) has been invited to speak at many of the leading medical schools, including Harvard, Yale, Brown, Baylor and Johns Hopkins.

The growth of interest in Yoga among health professionals in the past few years has been astonishing. Most of the leading scientific and medical journals now routinely publish articles that document the benefits of Yoga practices in prevention and treatment of many diseases. Why suddenly such interest in Yoga within the medical community? At Johns Hopkins, Gurudev explained:

"People ask me, 'Why do people turn to Yoga or natural healing when there are so many fine medical colleges, doctors and dedicated people already?' The reason is that the medical establishment doesn't seem to think that much of stopping the cause of disease. They mainly give remedies to remove or suppress the symptoms.

Disease comes because of wrong habits that disturb our ease, not because we don't take medicines. We're all born with ease, we don't have to acquire it. Yoga doesn't propagate some kind of cure. Instead, it tries to teach the individual to bring himself or herself back to normal, that's all. Just find out the cause of the disturbance and remove it. In fact, normally we don't need to take medicines or even to do any Yoga practices. We need those things only because we've violated Nature's Law."

The Limits of Modern Medicine

Perhaps one reason so many physicians are beginning to examine Yoga is because they've begun to realize the limitations of modern medicine. Many extensive, well-documented scientific studies, including the Framingham Heart Study, the work of Hammond and Auerback, and several others indicate the underlying causes of most of the major diseases are what Gurudev terms the "Four Noble Truths: " cigarettes, alcohol, improper diet and inability to cope with stress. Physicians usually provide good acute care but are very often unsuccessful in motivating people to change their unhealthy habits, even those documented as health risks.

Yoga offers a positive approach that enables a person to get to the root cause of his disease. In their talks, Gurudev and Dr. Amritananda emphasized that we are responsible for everything that happens to us; we make ourselves sick or keep ourselves healthy by our own behavior, our thoughts, and by the accumulation of our past deeds, or karma.

As Dr. Amritananda said, "In a sense, that's a relief. If we are responsible, we can do something; we can stop digging holes and falling into them." And people who feel responsible for their health are more likely to change the unhealthy aspects of their lifestyles than those who expect the doctor to always have a magic pill for every disease.

However, Yoga does not reject Western medicine as an aid to help us when we fall sick. As Dr. Amritananda said, "With many patients Yoga can be incorporated into Western medicine. I don't feel there is necessarily an op-

position; they can complement each other and one can derive benefits from both."

Developing Immunity

According to Sri Gurudev: "With Yoga we can develop immunity. To fall sick is a sin against your own system. By proper breathing you can charge your system with vitality and become immune to any disease. You don't have to fall into the clutches of 'influenza' because you allowed it to 'influence' you. A good Yogi need not be afraid of anything. But what is happening now? We cannot even touch our own babies. Every spoon, even a napkin has to be sterilized. One time a doctor injected cholera germs into my body. They were arrested within a one-inch area and destroyed. You can develop that immunity. That is Yoga."

In their lectures, Gurudev and Dr. Amritananda dispelled a lot of misconceptions about Yoga, and at the same time showed the most effective way to inspire people to live healthier lives. By doing the Yoga practices, one becomes more balanced and thus loses the desire to do unhealthy things, so there is not a constant daily battle of self-denial. And rather than attempting to instill fear to motivate lifestyle changes: fear of dying sooner, fear of lung cancer, etc., they emphasized the positive benefits of Yoga practice: how much more fun it is to be truly healthy and peaceful. As Gurudev said,

"It's not how long you live that's important. Even if you live for only five years, be happy! Some people think swamis just sit, close their eyes and meditate all day. If you come to see me, you may see me working under a tractor, repairing an automobile, flying a plane or ploughing the land -- I do everything.

"Celebrate your life. It must be an enjoyment. But are we really enjoying life? For an example, we seem to enjoy ourselves when we eat. But even before getting up from the table, we feel pain."

Medicine has already adopted many of the Yogic techniques of reducing stress, especially the Deep Relaxation (Yoga Nidra) and mantra meditation. It is a testimony to their effectiveness that many physicians have devoted much of their professional careers to documenting the effectiveness of these techniques. Some have even named these techniques after themselves, thinking they had discovered something new! But as Dr. Amritananda said,

"It's called medical 'research' because the information
is already there; we're just
searching for it again. We have
to dis-cover it. The truth was
there; we somehow covered it; now
we have to un-cover or dis-cover
it."

Yet Yoga not only provides the most effective means known of reducing stress when we are tense, it allows us to get to the root cause of stress and thus to truly practice preventive medicine. At Johns Hopkins Gurudev said,

"Peace of mind is Yoga. We can live without any stress at all. Most stress is due to the mind. Too much dependence on outside things creates a lot of anxieties, worries, fear. Until something comes to you, you're anxious.

once it comes you're afraid of losing it. If it doesn't come, you're totally gone! Keep the mind well-balanced always. Peace of mind is more important than anything else. That is where peaceful thinking, self-analysis, meditation, chanting holy names, reading spiritual books, and so on, is useful."

Synthesis of East and West

As inspiring as their words were, the most important and convincing teaching was the example of Gurudev and Dr. Amritananda themselves: peace, joy and radiant health. In Chicago, the medical students were blessed with a rare treat, Gurudev leading them in a Deep Relaxation. As Dr. Amritananda said,

"The most beautiful sight was to see the medical students' faces so relaxed and appreciative — like little children — when they sat up. For many of them, it was the first taste of what Yoga means. It's difficult to just talk about Yoga because you really have to experience it to know its benefits."

The lectures by Sri Gurudev and the doctor have generated a lot of interest within the medical community. For example, the official newspaper of the AMA (American Medical Association), which is received by most of the physicians in this country, published a long, very positive front page article describing the presentation at the medical students' convention in Chicago (see Page 12). Many people have expressed an interest in visiting the Integral Health Services Clinic in Putnam, Connecticut to view how these principles are being

put into practice. In fact, the waiting list for the two clinic physicians, Dr. Amritananda and Dr. Dwight McKee, is over 100 patients long and growing daily.

This seems to be a very unique and wonderful era in the development of Western medicine and science. We're beginning to see a lot of interest in synthesizing the practical, specific solutions that Western science has elaborated with the more fundamental, allembracing truths of Eastern science. Those of us involved in both medicine and Yoga feel very fortunate to be having our small parts in this beautiful unfolding.

Deenabhandu (Dean) Ornish is a medical student at Baylor College of Medicine in Houston. He is currently doing a pilot project documenting the effects of Yoga on heart disease patients. It is with the help of his dedicated work that many of the "Medicine and Yoga" talks he writes of were made possible.



Swami Amritananda—or Sandra McLanahan, MD believes yoga has a lot to offer medicine.

Photos: Roy Petty/AMN



AMERICAN MEDICAL NEWS APRIL 11, 1977

Yoga has much to offer medicine, MD-swami tells AMSA gathering

East is East and West is West, and . . . well, but Kipling never got the chance to meet Swami Amritananda.

Swami Amritananda (the name means "nectar and bliss") is also known as Sandra McLanahan, MD, who is a graduate of Swarthmore and Wayne State U. School of Medicine, and a general practitioner in the rural community of Putnam, Conn.

She is also a swami in the ancient Indian discipline of yoga, having taken holy orders in 1975.

Perhaps those two pursuits are not as divergent as they seem. A swami, after all, is a sort of high priest or practitioner of the study of yoga—the Oriental counterpart to the physician, who might be described as a high priest of the ancient science of medicine

AT ANY RATE, Dr. McLanahan enthusiastically believes that yoga "has a lot to offer medicine," since it is basically an Oriental form of preventive health maintenance.

Yoga philosophy says you can improve your physical and mental well-being by simply controlling your own body and being careful what you put into it—whether food, liquid, air, chemicals, or even thoughts.

"But the yoga approach expands

beyond just doing the exercises and meditation," she told a big crowd of curious medical students at last week's American Medical Student Assn. meeting in Chicago. "It means living a kind of easeful life.

"Yoga teaches that we are constantly changing the body through the way we use it. Our body constantly gives us feedback." The feedback comes in the form of disease and illness that's a reaction to mistreatment of the body, she explained.

TAKE STRESS, for example. "Stress—now that's why yoga is so beautiful and has so much to say to physicians. Stress is in a lot of ways the root cause of a lot of disease.

"Take coronary artery disease. We know that stress and diet seem to have an effect on hypertension, and hypertension can lead to coronary problems.

"But meditation can lower blood pressure, and even lower the oxygen need of each individual cell. Meditation can be described as a hypometabolic state, but it's a wakeful state. If you take an EEG of a person in meditation, it will show that the brain is alert, but there will be a kind of regularization of the brain waves."

Featuring

Papa's Parables

adapted by Sita Bordow from a parable told by Sri Gurudev

For ten years a man lived alone in a cave high in the snow-capped Himalayan mountains. For ten long years he sat in silence, so still even the spiders ignored him as they spun their webs about his feet. So quiet the leopards missed seeing him as they prowled about the cave looking for food.

After all those years, he left the cave and climbed down the mountain. He passed temples clinging to the sides of hills, laughing children and old monks saying their prayers, but he never spoke a word. Finally he reached a green valley where he met a large group of students practicing Yoga. The man decided to break his silence to teach the students.

"Where were you all these years?" one young man asked.

"I was in a cave high in the mountains where I lived all by myself, praying and meditating."

"That's wonderful," the young man exclaimed. What did you learn?"

"I have conquered anger," the man said proudly.

The students looked at one another with wide eyes. That certainly was a great achievement—the conquest of anger! The young man turned to the speaker. "In ten years you never got angry?"

"No, not even once."

The young man closed his eyes in thought. "I get angry ten times a day sometimes. How could you be without it for ten years?"

The man began to frown a bit as he replied, "I tell you, I have really conquered anger."

"Come on," prodded the student.
"Just try to remember. Didn't
you get disturbed, even once?"

The man raised his voice and lines deepened in his forehead as he spoke. "No, I never got angry!"

"Sir, I'm still doubtful. Wasn't there just one small time?"

"Look, you little fool," shouted the man, his face a bright red. Can't you see I never get angry?"
He jumped in the air. "Any idiot can see I've conquered anger!"

At that the student nodded solemnly. "Yes sir, now I can see the truth of the situation."

So, there is a difference between freedom from anger, greed, hatred or jealousy when you're by yourself with nothing to provoke you, and keeping that detachment out in the world. The world teaches us quickly about peace by giving us situations where we can easily lose that peace. So let us examine our minds in seclusion but, having seen them clearly, train them in the midst of life to become useful servants to all.

DEVOTION

by Chogyam Trungpa, Rinpoche



The following article forms part of a discourse on devotion to the Guru by Rinpoche which included a discussion of it in Hinayana, Mahayana and Vajrayana Buddhism. We excerpt this small section as his comments pertain perfectly to the spiritual path as followed in the name of Yoga as well.

So the second stage of devotion on the level of mahayana, comes from discovering our Guru as a friend with whom we can communicate in the sense of communication between equals. But at the same time this particular friend is rather heavy handed: he minds our business.

On the mahayana level, devotion is based on the feeling that we are, up to a point, worthy persons capable of receiving the teachings. Our inspiration, insights, pain and neuroses all constitute us as good vessels. Our neuroses and pain are not regarded as bad nor, for that matter, are our virtues regarded as good. Both are just the substance of the vessel. There is an overall sense of warmth and compassion

towards ourselves, in that all aspects can be included in the relationship with the spiritul friend. And devotion to him is complementary to that development of trust in ourselves. Devotion is no longer directed toward an external object alone. This attitude of nonagression towards oneself and others is central to the bodhisattva path, which is the heart of Mahayana Buddhism.

Aggression manifests toward others as pride and toward oneself as depression. If we get fixated in either extreme we become unsuitable vessels for the teachings. The arrogant student is like a container turned upside down; he is completely unreceptive to anything coming from outside himself. And the depressed student is like a container with holes in it; since he feels nothing will help, he does not heed anything. It is not that before forming a relationship with a spiritual friend we have to become ideal vessels. That would be impossible. But if we have an occasional glimpse of that attitude towards ourselves without



arrogance or pride, that creates the possibility of our friend communicating with us directly that is, in accordance with those glimpses.

The usual reaction to the depression of feeling ourselves unworthy is to try to change completely, to make a 100% improvement. We set up a totalitarian regime with the aim of making ourselves perfect. Whenever we begin to notice our faults peeking through, our automatic reaction is that our journey is being delayed and our perfection challeng-

ed. So we try to prune ourselves. We are willing to impose all sorts of discipline, punishing our bodies and minds. We may go so far as to seek some magical cure for our shortcomings, since in moments of clarity we realize we cannot handle ourselves.

This totalitarian approach seems to be falling again into the pitfall of spiritual materialism, trying to make oneself perfect. So the first obstacle of devotion is negativity towards ourselves, judging ourselves too harshly.



JUMP INTO THE PAINT POT

by Noreen Mallory

We again feature a student of Sri Gurudev trying to integrate Yoga with her profession and interests. Noreen's latest paintings can be seen at the Shayne Gallery in Montreal.

Let me start with painting since I encountered it before Yoga. I graduated from an art college at the usual age, went on to theater design and visual arts. I was married at 28 to a writer and professor. Over the next ten years we had four children. During that time I went back to school for a year and a half - enough to convince me that ten years of marriage and mother-hood had changed me such that I would have to work on my own.

But where do you start? Gradually the idea of commitment and personal discipline take shape. To work at something you need time and a place. It's complicated in a household of six. You find a corner, then a room. You set aside one evening, then two; eventually all day while the children are at school. You don't soak extra long in the tub or make that extra phone call because that time is so important.

Distractions

But let's go back a bit. It sounds too easy; I'm not that terrific. Let me tell you about a couple of the bumps. A publisher had invited me to do some illustrations for a poetry book. A letter of acceptance was written. I went to mail it and went to the grocery store instead. The second time I went to mail the letter and went to the drug store instead. The third time I went to mail the letter, I finally got it into the box and realized I was scared stiff to say yes. Say yes and you are expected to deliver the goods. Now - with Yoga - I know that if you do the very best you can, the world may reject you but it isn't failure. I'm a lot better at getting letters in the box on the first try.

Another bump. My husband offered to give me two weeks alone. He would take the children to the country; I could work without distractions of meal preparations, laundry and constant sound. Imagine! The whole day to spend at the thing you want to do most. Or do you? Wouldn't it be more fun to call someone and go out for lunch? Why not a movie when

you don't have to get a sitter? This would be a marvelous time to do a great job on the living room floor with no one to step on it until the wax is really dry...

So you present yourself to the canvas every morning and fight with the distractions you weren't supposed to have. After all the children are 150 miles away and in good care. For those two weeks I had no painting to show. But I learned a lot about distractions; they are always there if you let them be. You'll be glad to know I've had others times since then to work alone. They have been productive because I come better armed against my own mind.

Now let's talk about Yoga. I'd taken Yoga classes off and on for many years. I mean Hatha Yoga. It was a nice outing and it made me feel good. I never liked running around after balls or jumping up and down fast, but Yoga never asks you to do anything like that. So, one day our regular instructor - not from Integral Yoga - didn't show up. The following week we were introduced to Gopal from IYI.

After class I remember phoning a friend and telling her she'd better get over to the next class because something very interesting was going on there. Later, I took meditation classes, Raja Yoga, a Sadhana Day, a weekend retreat. I began to understand what seemed so extraordinary about that first class and how it was different from all the other Yoga classes I'd taken over the years. All the thousands of years of Yoqa tradition crystallized in Swami Sivananda's writings were brought to us in every class through the direct, loving teachings of Swami Satchidananda.

All of it had so much to offer in my struggles with painting.

Brought up as a Christian and always a believer, I began to examine Christian teaching with deeper understanding. Meditation helped prayer; prayer helped meditation. Christian scriptures became a new need in my routine.

I found the courage to submit myself to a first one-woman show in a big gallery, an opportunity that came unasked for. It is no special trick to enjoy the work for it's own sake. I love paint, the way it smells and looks and feels. I love papers and canvasses and pencils. I love the pots of ink. A litho stone inspires ecstacy! I love having a room where all these things are.

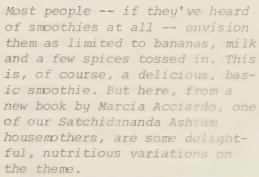
I'm a Temporary Custodian

The special trick comes in relinquishing the work. But I found it went much more smoothly when I began to see myself as a temporary custodian, privileged in a way no owner could ever be. Those images come through my imagination and out the end of my fingers and I am right there to see it happen!

Every day I ask to really see and really hear. I ask to know if I'm doing the right thing and for strength and guidance if I have to change direction. Just as an aside, the first one-womanshow-by-middle-aged-mother-offour was, by worldly standards, a great success. I think the term is sell-out. I was not prepared for it. I was prepared for disinterest or rejection. But the outcome is finally comfortable. I have a good gallery panting for more work and clients waiting for new pieces. Now, I'm closing the door with a really great summer behind me; it's back to work. I'll put the gallery and clients out of my mind and jump into the paint pot. I am forever grateful.

Dairyless Smoothies

by Marcia Acciardo



Smoothies can be complete meals, healthy but delicious desserts, get-well potions or snacks. As versatile and as instant as the busiest of us could wish, blender is all you need for making these smoothie drinks. Here's a chance to use your imagination and create your own favorite combinations. For starters, here are some possibilities, all without milk or other dairy products.

Green Mint

8 oz fresh orange or carrot juice % c fresh mint or comfrey leaves or % c cooled mint tea

Variation: Try adding ½ c chopped pineapple



Smoothie Smile
8 oz grape juice
1 apple
1 c fresh pears, peaches or
papaya

Strawberry Frappe

2 c cashew milk (blend % c raw cashews in 2 c water and strain)

l c fresh strawberries

1 tsp honey

Variation: Try adding 1 c fresh papaya

Banana Float

l½ bananas l½ c fresh apple juice ½ c fresh or dried coconut meat ½ tsp honey (optional)

Variations: You might add ½ tsp carob powder and/or cinnamon

Recipes are from Light Eating
For Survival, © Marcia Acciardo
1977; Omangod Press, Box 255,
Wethersfield, Ct. 06109

DAY-BY-DAY WITH SRI GURUDEV

September - November 1977

EUROPE: Sri Gurudev Shares With European Yogis

Some excerpts from the travel diary and photo album of Sri Gurudev's secretary Swami Poornananda Ma, beginning at the top of the snow-capped Alps as the Fourth International Week of the European Yoga Union commences.

SWITZERLAND: September 1

The breathtaking beauty of this exquisite land is matched only by the friendliness of its people. Our host Mr. Gerard Blitz is the owner of the worldwide Club Mediteranee and now the head of the European Yoga Union, a federation of many of Europe's Yoga schools. He has given his well-equipped Club Med facilities in beautiful Zinal, Switzerland for a week-long conference of Yogis from around the world. Mr. Blitz can't seem to thank Gurudev enough for being here. He's been practicing Yoga himself for 45 years and is a very learned, well-versed Yogi yet as humble and ego-melted as can be.

The first few days of this conference are for Yoga teacher trainers: sixty of them. Gurudev has spoken twice and we've shown the films depicting Yoga in America. Swamis Venkatesanandaji Maharaj and Satyanandaji Maharaj are also here for the conferences. What a two days this has been! Cristine Raymann, a writer planing to translate Gurudev's works into German, and Mirabai Meeks of New York arrived Sunday, joining Lakshmi, Narayana and their son Brahman Mortimer from Connecticut to complete our crew of devotees.

Yesterday, the three revered swamis and all of us went up by cable car to an incredibly beautiful meadow. Gurudev and company soon left the other swamis far behind, as we went higher and higher in search of better scenery. It was a day of petting cows, photographing butterflies and "jogging" up steep trails. All the way Gurudev and little Brahman played together, wrestling, throwing fistfuls of grass at each other, racing up the hills. Somehow, when Gurudev is in top-of-the-world places, I expect him to pose for the ultimate, majestic photo. But, characteristically, he'd rather play with Brahman on all fours. Cute, but it'll never make the cover of Integral Yoga.

Twice a day we go to the Club Med for a talk. In the evenings are movies or performances. All day there are impromptu talks and classes, as many as six or seven simultaneously on all kinds of Yoga related subjects and in several languages. The emphasis seems to be on Hatha Yoga and the body yet all the swamis are saying to rise above the body. It's an interesting blend. Many European Yoga practitioners eat meat, drink or smoke, so Gurudev's talks are often geared to educating them in the benefits of pure diet.

September 8

Tuesday morning - Sivananda
Jayanthi Day - Gurudev, the Hugs
of the Lausanne IYI and myself
made a car trip to the Matterhorn.
It was incredible. I felt frustrated trying to capture it on
film, but I tried hard...(You did
just fine, Poornanandaji!)



Sri Gurudev and Mr. Blitz

We left Zinal this morning with homeopath Manu, and Nischala Godfirnon. After a long trip down the mountainsides and into the fruit-filled valley, we finally arrived at the home and IYI of the Hugs. In Switzerland there's no speed limit, so you can drive as fast as you dare. On the superhighway, I glanced over Gurudev's shoulder as he drove and gasped to read 140. Later I discovered this is kilometers, not miles, so he was only going a mere 84 mph!

ITALY: September 12

We arrived in Italy and are resting today in Zingonia. Italian Yogis Carlo Patrian, Anna Gervasoni and a small group met us here. This day of rest comes welcome after the scheduled lives we've led during the conferences.

On Tuesday we moved to the Grand Hotel in Bergamo. Bergamo is built in sections, starting from a hilltop and working down by centuries to the base. Many city walls enclose the sections.

Last evening we visited Ms. Gervasoni's Instituto Yoga Gimnastica. Gurudev met and spoke to two groups of students, and we showed some slides of the Ashram. Ashrams are almost unheard of in Europe so there is always great interest in them.

Next, Milano. An experience in contrasts: old churches and modern shops, cathedrals and communism; the very rich, the very poor; God and bars and Coca Cola. Mr. Patrian has a new Yoga center and his set-up is fantastic. His L-shaped classroom holds 35 comfortably; he teaches from a platform equipped with TV monitors watching the lobby, intercom to the waiting area, tape deck with class formula syncronized to a slide projector on a wall. The slides themselves are beautiful and this leaves Carlo free to help individual students. Gurudev was very impressed. We showed the slides again - I hope our Ashram can accommodate all the people who asked to come!

GREECE AND SPAIN: September 16

In Athens, Gurudev was the guest of Rodi and Nicos Hadjigeorgiou and John Manetta. During the next six days he gave two well attended lectures in public auditoriums with Mr. Manetta translating into Greek, appeared on Greek TV and gave several newspaper interviews.

A warm welcome awaited Gurudev in Spain by devotees Mario and Maria Helena Berembau. He was brought to relax at their beautiful home in the Marbella hills. Several of their friends stopped by in the late afternoons and Gurudev gave informal Satsangs (spritual sharings) late into the evenings. We were fortunate to have Mario accompany us back to the U.S. and the Ashram on September 26.

CONNECTICUT: Go Fly A Kite

Perfect kite-flying weather graced the first official activity of "The Mother's Inn-Center for Creative Living," a new project of Gurudev's devotees Amma Claydon and Snehan Cherniske. The good weather was fortunate - because the opening activity was a kite flying contest. Winners were judged by a "Panel of the Wise" including Gurudev, Mr. Benjamin Tuber (President of the local Jewish Temple), Rev. Joseph Drummond and other prominent members of the community.

That evening Gurudev gave Satsang at the Ashram. Asked "how to fly a kite," with his usual geni-

us for turning the seemingly mundane into spiritual, he used his surprisingly thorough knowledge of kite flying to illustrate the spiritual path: the materials must be sufficiently light, it must be well-balanced; know when to give slack, how to catch the wind. You must concentrate...

"How should we prepare for marriage?" was another topic raised. Love is the most important thing, Gurudev answered. And the partners should have the same goal in life. Later, the first baby of Ramya and Marthandan Cohen got a very special name from Gurudev: Ramu - his own boyhood nickname.

NEW YORK: Shalom Shanthi, Om Shanthi Om!

October 3

Gurudev's secretary Swami Atmananda Ma shared a valuable and characteristic lesson learned this morning. Earlier she had left Gurudev's hotel room lights on; on top of that, she had done a messy job of packing his suitcase. His reaction: "I don't ask if you meditated this morning. But I do ask you not to mess up my suitcase. If you don't meditate, that is your loss, but not serving well affects others."

Gurudev went on to an interview on NY's Channel 5 "Midday Live" with Bill Boggs. Mr. Boggs, apparently a Yoga student himself, was a beautiful example of how a competitive career can be linked with a life of spiritual aspiration. Br. Boggs' questions were put with genuine sincerity, not the mere curiosity of many media people. At one point, he question-

ed the Beach Boys purported levitation while practicing Transcendental Meditation. "But what's the purpose?" asked Gurudev. Yoga and meditation are for nothing less than our ultimate peace.

Later that afternoon there was an informal Satsang at the IYI when painter Niranjan Mishaan unveiled a deeply moving piece he'd just completed of the woman saint Sri Sarada Devi. Then, that night. the annual "Swami and the Rabbi" dialogue was held. Interspersed with the talks were songs from Yoga and Jewish traditions, including one with the refrain, "Shalom Shanthi, Om Shanthi Om." A Kosher vegetarian Jewish meal prepared by Mrs. Gelberman rounded out the evening for Gurudev. Then, late in the evening, the Gelbermans and IYIers waved him off in his "Spirit of Yoga" plane. Doesn't Gurudev ever stop? In spite of most of us being a third his age, could we keep up with him? October 6

Thursday morning, amidst a fall rain, the Ashramites saw Gurudev off again at nearby Woodstock Airport. Today Gurudev begins a month-long trip West. First stop, Houston, to address the prominent Baylor School of Medicine, arranged by med student Dean Ornish (see his article, p. 9). As Gurudev spoke on the preventative approach, an appropriate pun came out: the poisons of the body are called 'toxins'; the poisons of the mind, 'sins.' Both will be gradually eliminated though the practice of Yoga, he explained, thus bringing health to both body and mind.

The previous evening, Dean's wonderfully supportive parents arranged a dinner to give the professors and doctors a chance to meet our Yoga M.D.s, Dr. Amritananda and Dr. Palitha Rosenthal. There was a stimulating exchange of ideas during dinner, clearly highlighting the present trend toward natural heart disease remedies. As Dr. Amritananda pointed out, it was only 100 years ago that Western doctors began washing their hands before surgery, while the ancient Yoga health science has been complete in its present form for over 5,000 years. We often see in Western medicine that today's remedy is banned as dangerous tomorrow. Why? Western medicine is still experimental.

After Gurudev's Baylor talk, he was driven to a unique Yoga health retreat in the forest of the Woodlands Inn. The program was specifically designed for a select group of heart-diseased

patients whom Dean is teaching Yoga and documenting their progress. By the second day Gurudev had the group - including prominent cardiologists from Baylor - chanting 'Hari Om.' "Try it as an experiment and see what happens," Gurudev proposed. A hush came over the group as the vibrations pulsated throughout the room.

Landing in San Antonio next day through an exquisite sunset, Gurudev attended a banquet dinner in his honor given by the much devoted Rao family. Gurudev is their family Guru in the typical Indian tradition, and a lot of unique advice on family life came out of this enjoyable evening. When Mrs. Rani Rao asked about her fifteen year old son's 'growing pains,' Gurudev used a wise Indian proverb to reply: "When the son grows past your shoulder, treat him as a friend, no longer as a mere child."

For years, Janice Huffstuttler and family have warmly hosted Gurudev's Dallas visits. This time, in Sunday's morning sunshine, she and some twenty devotees met Gurudev at the airport and spirited him off to her home. Later, he boarded a flight to Athens, Texas, at the invitation of Rama and Janaki Landress. His visit to their remote farm was the culmination of their family retreat which had brought together Gurudev's students from Texas, Louisiana and Arkansas.

After dispensing a few spiritual names to devotees, Gurudev reminded them, "Names have the purpose of reminding you of the qualities you should develop." Later, Gurudev was asked, "Are you just an ordinary human being?" He replied, "It is in the eye of the



Sri Swami Venkatesanandaji Sri Gurudev, Sri Swami Satyanandaji, and disciples

Sri Gurudev with Sharada and John Manetta



Athens: Sri Gurudev, Rodi and Manolis Hadjigeorgiou



24 Sri Gurudev and the Matterhorn !

perceiver. If you see me as great, I am great; as a rogue, I am that to you." There wasn't much doubt about how we were seeing our beloved Gurudev.

After Satsang, Gurudev took his children of all ages on a harrowing truck ride along some of the farm's dirt roads. A wild ride, it reminded Swami Atmananda of life with the Guru: always changing unexpectedly, demanding total flexibility and balance. "As we whirled by the Texas landscape, it confirmed for me that this is the path: beset with tests and obstacles, yet challenging fun." No one in the truck would have missed the ride, however bumpy; it was verily the stream

of life itself.

Back in Dallas, after a few hours rest at the Huffstuttlers and some relaxing time at Ray and Clare Stern's Health Spa, Sri Gurudev spoke at the Unitarian Church. Part of the inevitable inspiration that poured forth was an interesting explanation of why God created man: "If you stay by yourself in a room you will go crazy, is it not?" In the same way, probably God got bored all by Himself. So he created the plants and animals. But they were just peaceful and obedient. So He created man, and purposely left a screw loose, to have some fun. "Even a father would want a mischievous son, not a boring bum!"

CALIFORNIA: Don't Keep Anything Bottled Up In The Heart

We hear now from our West Coast Correspondent, Swami Jnanananda Ma.

October 11

Our beloved Guru arrived in Santa Barbara today, flown in by his 'singing pilot' Ramesh Marcum. As usual, it was as if he stepped out of our hearts and appeared before us, and I was again aware that He is always with us.

A couple of days later, I had the good fortune of delivering some items to the Master, and as I drove up, found Gurudev working on his beautiful "peacock" car. He talked about all the work the Ashramites had done to the La Paz property and how happy it made him. Then we took a walk around the property to see where the dogs Ram and Sita would have their new home. It never ceases to amaze me how much care Gurudev puts into everything. Our Ashram dog Barney Mistark sleeps wherever he lays his head and I'm so used to it

that Gurudev's simple, loving care of Ram and Sita seemed like the royal treatment. As we walked around Gurudev did not miss an opportunity to point out leaks and other water wastages, in deference to California's current severe drought. Being with Gurudev is learning to see the importance of everything.

October 14: Nice to be a Child!

On Friday evening, Gurudev came to the Ashram for an informal visit. Ram and Sita, newly arrived from the East Coast Ashram, were there to greet him, along with all the kids of the Yogi householders. It sure seems nice to be a child or a dog around Gurudev! Right before Gurudev arrived, Ram got into a tooth and nail dogfight with Barney. When Gurudev saw it, he reminded Ram gently that he was a guest and should behave as such!

Sri Gurudev went to San Francisco for a few days at the invi-

tation of the Harilela family, then returned to Santa Barbara. On Friday the 21st, he went to hear the "Psychic and the Scientist," two women on opposite ends of the spectrum who have joined up to do research on auras and wholistic healing. Rosalyn Bruyere was the psychic and Valerie Hunt, the scientist. They spoke of chakras and auras and the vibratory effects of both English and Sanskrit sounds, saying how much more powerful the Sanskrit sounds are and that there are no equivalents in English. Gurudev turned to me, "Do you see now why I have you repeating the Sanskrit words?"

At the end, Rosalyn looked deeply at Gurudev and said with total joy, "Thank you for your Presence." During the evening she had spoken about the colors she perceives in auras and about the colors of an enlightened person's aura. I wonder what it was like for her to have Gurudev right in front of her as she spoke.

Oct. 22: Psychic and Scientist

Today Gurudev gave a public Satsang at the Veteran's Memorial Hall. Speaking of his attendance at the "Psychic and Scientist,' he elaborated on their point that while most people believe the aura is the result of the body's physical condition, actually the body is a result of the aura. Disease and disturbance can be detected in the aura six months before it manifests in the body. He mentioned how important it is to have the right thoughts. "We can prevent disease," he said.

He also spoke about the importance of self-effort on the part of a patient requesting healing. It's not good for them to think another is healing them 100%. Ev-

en if Gurudev can do that, he will ask them to do something, even if it is nonsensical, just so they contribute to the cure. It made me think of us disciples: Gurudev is curing us on the ego level, but makes us do the Yoga practices to feel we are contributing to his "egodectomy."

October 23: "I Hear Everything"

Today Gurudev again left for San Francisco, where he attended a concert of the famous Indian singer, M.S. Subhalakshmi. At the airport he spoke about how we cannot even whisper without his hearing. He hears everything, like an open telephone line. But he doesn't always listen. Things which he doesn't need to hear, "I just put the telephone away from my ear

On Monday we met Gurudev and the Hansens from San Jose at the airport. Scientist Atma Hansen (author of 'Is the World Made of Sound?' in Vol. VIII, No. 3) takes the opportunity to fly Gurudev from Northern California whenever he can. Having lunch together later, at one point Gurudev turned to Devi, a very devoted householder and our Ashram Treasurer, and told her she was very "huggable" and should stay that way. Devi has been trying to lose weight but Gurudev spoke on the importance of keeping the heart open: "Don't keep anything bottled up in the heart. This is much more important than the size of one's body."

Oct. 26: "Meditation is a Ladder"

We had a special treat today when Gurudev brought Subhalakshmi and her daughter to the Ashram. Gurudev melted like a baby hearing her sing his favorite song.

The vibrations through her voice were so deeply moving and clear, I wished it could go on and on.

"What you meditate on is only a ladder to be put aside when you reach the top."

That evening Sandhya, a long-time devotee of Gurudev's, came. He told her, "It doesn't matter on what you meditate. The important thing is to concentrate the mind, because no matter what you meditate on, it is only a ladder to be put aside when you reach the top." This comment came when Sandhya confessed that her schoolwork seemed to be her object of meditation at this time.

On Friday Nancy, Paul and daughter Shawn Condylis arrived from Chicago to visit Gurudev. I was inspired by their loving family closeness, yet so inclusive of everyone else. That evening was a Halloween party. Gurudev arrived as Om-Be-One (O-B-1) Kanobe of Star Wars, complete with grey overcoat, orange turban and Jet Eye Light Sword.

Next evening was a public talk in Los Angeles. "Well, they didn't give me a subject, so I will speak on the 'Subject.'"
Thus Gurudev began a beautiful talk on Jnana Yoga. Afterward, it was like an old-time Yogis' reunion as such persons as Alice Coltrane (now Swami Turiyasangitananda), Sally (Satya) Kirkland, Deanna (Hamsa) Lambert and others came up to greet Sri Gurudev.

November 1: Can Cubes Make Saints?

Today Gurudev left for a short visit to Las Vegas. On Tuesday, he flew in again to L.A., joining us for an Ashram Meeting. He spoke on dedication, commitment and the need to work hard to support ourselves. It is not he who wants the Ashram, he pointed out. It is for us. We should work so hard someone else has to tell us to stop. Find the time to meditate; even cut down on sleep if you can.

Next, Gurudev was interviewed for a drug action program. He discussed the differences between a natural high and the high which seems to come from drugs. He told of a meeting he'd once had with Timothy Leary where Gurudev asked him, "If you say you can make a saint with a cube, why not just make up some doctors or lawyers first, which are easier and probably more useful also!"

After the interview, Gurudev went to speak on the Carol Hemingway Show on KABC Radio. The two make an incredible pair. Carol says she will make room for Gurudev on her show anytime he's in the area, and Gurudev says how much he loves Carol's dynamism.

November 2: Comings and Goings

Today was the last day we'd see Gurudev for several months. At the airport we had a final visit. Gurudev threw candies, hugged his "youngest" devotees May Ardeth and Lucy Sallas, two elderly sisters in their 70s. "I should come more often; everyone is so happy to be together and see me." Unfortunately, for Gurudev to come more often, he has to go more often. But feeling Him always in our hearts makes the coming and going a happy time.

November 3

The East Coasters, although happy to have their Master again in their midst, hardly expected to see him much, as he had but nine days between his trip West and an upcoming seven-week pilgrimage to India and Sri Lanka. However, it was only the next noon as we sat meditating on the sunny back lawn that we heard the clop clop of Gurudev's horse Flash whizzing past but a few feet from us. We were glad when, meditation over, we could gaze once again on that embodiment of joy and energy we know as Guru.

That night's Ashram Satsang featured Swami Turiyasangitananda and her world famous harp playing, followed by her dynamic bhajans (traditional songs to God): Hindu chants but with a gospel flavor, a unique and dynamic combination. Gurudev got right into the spirit, leading one of the most intense chants we'd ever heard: "Wha Guru" in traditional Sikh style.

"Sow a thought, you reap an action. Sow an action, reap a habit. Sow a habit, reap a character.

Sow a character, reap a destiny.... You are the only cause for you."

On November 5 was a very spec-

ial Ashram Satsang; the Temple was so full it seemed about to burst. Gurudev began speaking about our freedom of action. "Sow a thought, you reap an action. Sow an action, reap a habit. Sow a habit, reap a character. Sow a character, you reap a destiny. We go and blame others," he continued. "No. You are the only cause for you."

Sri Gurudev then answered some questions from the sanga (community of devotees). "How are anger and other repressed emotions released at the Ashram?" His reply: "Emotions should not be repressed. But, if you just go and yell it out, you won't become a better person. Next time, you'll also have to go yell. It's better to sit and analyze why you became angry and eliminate it." Continuing on the subject, he asked us to think about the results of anger. Does it benefit you or the other person?

Another question: "How can we know when to obey the Guru's verbal instructions out of obedience and when to know he's just testing our common sense?" The answer: "You will just obey if you have faith in him. Otherwise you cannot. If someone says, 'Don't you have the intelligence to know what to do yourself?' you'll say, 'If I did, I wouldn't have come to him.'"

Another interesting question:
"I've tried everything to quit
smoking, including Yoga diet and
meditation. What else can I do?"
Gurudev answered, "They are aids,
but mostly I recommend plenty of
Hatha Yoga and lots of Pranayama
(breathing) plus saunas and jogging or other exercise which makes



M. S. Subhalakshmi sings for Sri Gurudev

you perspire out the toxins." He finished with the promise, "If you do all this, I guarantee youwill be out of it in two weeks." But one more important point: "Stay away from your cigarettesmoking friends!

November 6: "Oh God!" With God

Next afternoon, a splendid tea party was held at the Ashram, sponsored by a dear guest of Gurudev's from Greece, Nicos Hadjigeorgiou. Complete with all possible goodies, it was a fun treat for all, especially watching Gurudev blow bubbles and tie balloons on the childrens' ears... To complete the day, Gurudev took about 108 lucky devotees to see "Oh, God!" It was like going to see God with God. Gurudev told us that, although it was a comedy, we should take the message seriously and apply it.

November 11, our last Satsang before the India Pilgrimage; again the Temple was packed. Some questions answered: "How should a Sannyasin (monk) show love to someone of the opposite sex, without roleplaying, fantasies, etc.?" Gurudev: "Do you think of those things with your father, brother or uncle?" So think of all men as fathers, or if younger, as brothers; or mothers

or sisters in the case of men.
But if you can't stay cool around
a person, explain to them that
you do love them, but until you
are steady you want to stay away,
that you want to have pure love.
This is also showing your love.

"Don't be afraid to fall... but don't make the same mistake twice."

Speaking of the way so many of us think love has to be physical, he reminded married couples that one partner would be hurting the other by letting him or her overindulge in sex. "In all these things, don't always think of the immediate benefit or hurt, think of the ultimate effect. It's like when a child first goes away to school, the parents may miss him and feel badly, but later they feel so proud and happy. "Look far ahead, " Gurudev advised. Rounding out the discussion, Gurudev mentioned how traditional spiritual communities were cloistered. "But that may not be real growth. I say, don't be afraid to fall ... but don't make the same mistake twice."

Answering another question about love and attachment, Gurudev said, "A Sannyasi need not say 'I love you,' but rather, 'I am Love.' The Japanese suicide squadrons of World War II loved their own country more than their own lives, but only their country, not other countries. He concluded, "To exist we need love. To really live we need universal love."

"To exist we need love.

To really LIVE we need

UNIVERSAL love..."

Later, making another memorable point about anger: "Anger is like a bullet, the angry person like the barrel. Even if the bullet misses its mark, the barrel gets heated." Even if you don't hurt the other person by your anger, you hurt yourself.

On prayer: "Can you sit in front of the radio set, garland it and fold your palms praying for

CBS News? Even if you pray for months and years, you won't get it unless you do what must be done. Words are not enough." Gurudev shared a story told by Sri Ramakrishna about the man who was given a small piece of rolled up paper with the mantram "Ram" written on it and told he could walk across the water holding it. He trusted and did so. One day, he curiously looked at what was written, saw only "Ram" and drowned. So it was not the paper, not even the mantram; it was the trust that enabled him to walk over the water.

Ouestion: "What is your opinion on donating body parts when we die?' Gurudev: Let every inch of your body be useful. But even for that sake, keep your body clean and healthy so it will be useful. How about giving blood, someone asked. "Well, it depends on how strong your system is. If you can do it without weakening yourself, go ahead. But remember that it is with your own healthy body that you serve more." He went on to discuss the seldom mentioned spiritual fact that one's mental qualities will be transferred with the blood given or received. A good man can become bad if he gets the blood of a bad-minded man.

NEW YORK: Bon Voyage, Pilgrims!

In spite of the impending World Tour, Gurudev joyfully participated in an ecumenical program sponsored by Rabbi Gelberman and the "New Light Temple," an organization inspired by Gurudev's ecumenical activities. Taking place on November 13, Gurudev and Rabbi were joined by Fr. Becker and Rev. Mundy with Thanksgiving as the theme. At the end, the congregation of some 500 people took communion served by all four cele-

brants.

Gurudev then went back to the IYI, met with the members of the India Tour, and hastened to the airport just in time for three strong "Om Tryambakams" (safe travel mantrams), much hugging, kissing, and a multitute of "Goodbyes!" As usual, the airline attendants shook their heads in disbelief that one man could have so many people saying goodbye to him so fervently.

Questionnaire to Our Readers

Beloved Readers of Integral Yoga,

It is our great joy to serve you by sharing the Teachings of our beloved Master Sri Gurudev Swami Satchidananda through the pages of Integral Yoga. We would love to have some feedback from you all so we might serve you better. If you would be so kind, please fill out this questionaire and mail it to INTEGRAL YOGA MAGAZINE, Attn: Editor.

- 1. Which current features of Integral Yoga do you appreciate most?
- 2. Which features do not particularly interest you?
- 3. What types of articles or features would you most appreciate seeing added to the Magazine?
- 4. Do you have any other comments, suggestions or inspirations to share with us?
- 5. I've been reading Integral Yoga since:
- 6. I got this issue from: An IYI bookstore or display
 Through my subscription
 From a bookstore or foodstore
 (please specify name)
 Other (please specify)

Please know that this is your magazine. We appreciate your submitting articles, news, photos, poetry, advertisements, etc. which you feel are in accord with the Integral Yoga principles and would be of interest to your Yoga brothers and sisters around the world. Thank you.

the Editor

More Letters to Sri Gurudev

(Continued from Page 2)

this need you are certainly qualified to be with me and greet me. There is no higher or lower, better or worse in my eyes. All are One. When I see my spiritual children I only see different Lightreflections of the Beloved Self. My job is but to point the way for you to see the same in yourself and in everyone else.

Now that you wrote me you have opened up to receive my inner quidance which is always with you. Call on it, invoke it. It will always answer.

Ever yours in the Lord, Swami Satchidananda

THE RICHEST OF MY LIFE

Dear Satchidananda Ashram,

Monday was my birthday and I'm sure one of the richest of my life. I came to visit the Ashram to rest, reflect and meditate on the year gone by and to center myself for the year to come. Each of you helped me to find more - to experience a new awareness and understanding of selfless giving, of love, of joy and harmony. Thank you for giving, for sharing.

Om Shanthi,

S.P., New York City YOGA SCHOOL PRAISED

Dear Swamiji,

We recently had the chance to send our son to your Ashram's Light of Yoga school for a few weeks. He's become a little yogi. Although he's always seen us doing Yoga practices before, he has never shown much interest in them. But after being in school for a little while he began doing chanting and will often sing "Om Shanthi" or "Om Namah Sivaya" for a long time while playing.

He's shown us how he meditates and occasionally he sits at the altar with our malas around his neck chanting "Om" softly.

We wanted to tell you we feel the school is really great and we hope many more children will be able to go to schools like this in the future. Your blessings are so many and beautiful! Y. and V.F. Thank you.

Willimantic, Conn.

YOU HEALED ME

I offer my prayer to Swami. Lord Father, you have spared me from sacrificing my life when it seemed to be the only alternative. You spared me the cancer of hate, when I no longer felt love in my heart. When anger seized my mind, and I no longer saw the path you made for me, you healed me. When the light seemed dull and all but gone, you shined your Light and I saw the healers and saints around me.

Now I ask only to serve you. I do not know how to serve you best, therefore I will wait until it is truly you who guides me. I will wait until your presence has saturated every cell of my (thy) body.

With all my love to you, A.K., Rocky Point, N.Y.

A LITTLE BIT EASIER

Dear Swami Satchidananda,

For the first time at Easter I took a Yoga retreat at your Ashram in Pomfret and also saw you for the first time. The experience was such a loving and beautiful one that the spirit of it has remained with me since then and it is helping me become more peaceful and capable of acting a little more selflessly every day. There is still a long way to go but thanks to you it has become easier. With respect and love.

C.C., Yonkers, N.Y.